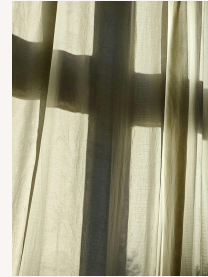




## ALS Support & Resources

A gentle guide for navigating ALS, support and faith.



### Start Here

- ALS Association- Support groups + equipment help at [ALS.org](http://ALS.org)
- Muscular Dystrophy Association- ALS clinics + family support at [mda.org](http://mda.org)
- Team Gleason- Technology + mobile support at [teamgleason.org](http://teamgleason.org)

### For Families

- Inheritance of Hope- Family support + resources at [inheritanceofhope.org](http://inheritanceofhope.org)
- Hope Loves Company- Family support + resources at [hopelovescompany.org](http://hopelovescompany.org)
- Global Neuro Ycare - Family Support

### Young & Rare

- Her ALS story - Community support for women diagnosed under 35 at [Heralsstory.org](http://Heralsstory.org)
- Rare Scarlett's- A community that understands

### About Me

## Hi, Im Scarlett

Im a mother, a believer, and I live with Juvenile ALS- A rare diagnosis that has changed my life but, not my purpose. I created this guide because I know how overwhelming this journey can be.



Real life with ALS - Unfiltered, honest, and rooted in faith

A Space for:

- Support + real-life resources
- Motherhood + disability
- Encouragement for the hard days
- A community that understands

Walk or Roll with me.

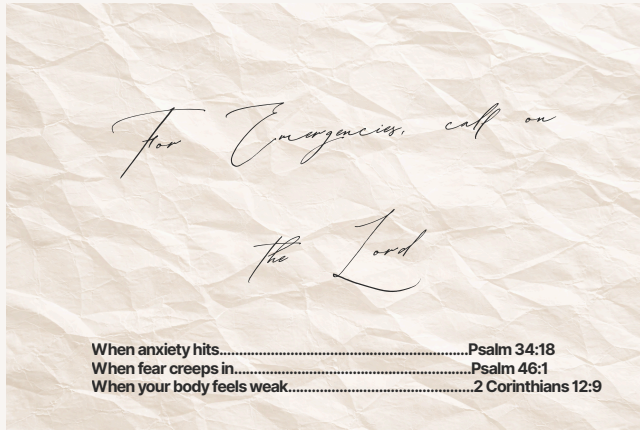
## What is ALS?

Amyotrophic Lateral Sclerosis (ALS) is a progressive neurological disease that affects the nerve cells responsible for muscle movement. Over time, it can change how a person moves.

## it can affect everyday things like:

- Walking
- Speech
- Eating
- Breathing

Every journey looks different, but support can make a meaningful difference.



## What help can look like

Support doesn't always come in big ways.

It can look like:

- Someone sitting with you
- Help with meals or appointments
- Finding the right equipment
- Having someone who understands

## When you don't know where to start

- Take it one moment at a time
- You don't need all the answers today
- Let people show up for you

## Its okay to ask for help.

# YOU'RE NOT ALONE

Living with ALS can feel overwhelming- but support exists, and so does community.

You dont have to figure it all out at once. You dont have to do it by yourself.

*“The Lord is near  
the brokenhearted”*

-Psalms34:18



Stay connected  
Scan for support + resources